

Culinary Outlook

Substitute surimi for crab or lobster

It's easy to make special appetizers or main-dish entrees for a formal dinner when you use prepared foods. Frozen puff pastry and Sea Legs lobster tails (which really are surimi, a combination of Pacific whitefish and seafood) provide a different, impressive party dish. Another easy-to-prepare dish using a crabmeat-fish combination is a Latin-inspired casserole that includes green chilies, tortillas and cheese.



LOBSTER or crabmeat combined with Pacific whitefish comes pre-cooked to use in simple but elegant recipes.

SEA LEGS TAILS IN PASTRY BASKETS

- 1 sheet frozen puff pastry, thawed
- 4 Sea Legs lobster tails
- 1/2 cup sour cream
- 1/4 cup Dijon-style mustard
- 1/4 cup milk
- 1 tablespoon cornstarch
- 1 tablespoon honey
- 2 tablespoons chopped fresh dill (or 2 teaspoons dried)

Roll puff pastry out to 1/8-inch thickness on floured surface. Cut ovals the size of the lobster tails. Place lobster tails on pastry bases. Cut four 1-inch-by-6-inch strips of puff pastry; twist and wrap across center of lobster tail and base. Secure ends with water to create pastry basket. Bake at 400 degrees for 12 to 15 minutes.

Meanwhile, mix sour cream and mustard in medium saucepan. Mix milk and cornstarch in small bowl. Stir into sour-cream mixture. Add remaining ingredients. Simmer 10 minutes, stirring occasionally. Serve with lobster baskets. This kitchen-tested recipe makes 4 servings.

SEA LEGS CANCEL

- 8 corn tortillas, quartered
- 1 cup chopped, seeded green chili peppers or canned green chilies, or less according to taste
- 12 ounces Sea Legs saled-style crabmeat
- 1 1/2 cups shredded Cheddar cheese, divided
- 1/2 cup chopped red onion
- 1 tablespoon chopped fresh cilantro or parsley
- 2 cups heavy cream
- 2 eggs
- Salt and pepper to taste

Place half the tortillas in greased 8-inch-by-8-inch pan, covering bottom evenly. Mix chili peppers, crabmeat, 1 cup of Cheddar cheese, onion and cilantro. Whisk cream and eggs together; stir into crabmeat mixture. Add salt and pepper. Pour over tortillas in pan. Top with remaining tortillas and cheese. Bake at 350 degrees for 45 minutes. This kitchen-tested recipe makes 4 servings.

Beat a heat wave with chilled soup

MICROWAVE COOKING

Microwaving ingredients cuts down on preparation time when you make homemade soups. Use summer's bounty of local cucumbers to prepare chilled soups that will be most welcome on late summer days.

CHILLED TOMATO-CUCUMBER SOUP

- 2 medium cucumbers, peeled, seeded and chopped
- 1/4 cup chopped onion
- 1 teaspoon chopped fresh dill (or 1/4 teaspoon dried dill weed)
- 1 small clove garlic, minced
- 1 11-ounce can condensed tomato bisque
- 1/4 cup water
- 1/4 cup sour cream

In 2-quart microwave-safe casserole, combine cucumber, onion, dill

and garlic. Cover. Microwave on High 4 to 6 minutes, or until vegetables are tender, stirring occasionally.

In covered blender container, on high speed, blend cucumber mixture, bisque, water and sour cream until smooth. Chill at least 2 hours. This kitchen-tested recipe makes 3 cups, or 3 servings.

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Home Post Scripts



By Glenda Hughes

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As I prepare this column this week, I'm looking out my window and seeing a rather overcast day, greyish skies, and even the first signs of some trees turning colour. It seems that the very hot days of summer are just about over, which means that most people won't be spending as much time outdoors. Outside work can now give way to inside work, and thoughts of decorating your "castle", can now surface again, without making your break out in a sweat.

Keeping your home up to date in colour schemes and decor need not be as overwhelming, as you might imagine. Today's "trendy" colours are grey, blue, dusty rose and the accents that obviously go with them. Definitely out, is olive green, orange, most tones of rust and red. Fortunately decorating themes don't change as much as fashions do, so you can be reasonably sure that what you chose today, will stay pretty well within the acceptance level for several years to come.

Perhaps one of the worst dated areas in a home, is the carpeting. If you are still living with "Shag," give some thought of getting rid of it. If you have hardwood floors underneath, you are in for good news!

Hardwood floors are back in fashion again! You can give your home a whole new look, by lifting the carpet, having the floors sanded down (if needed) and varnished. The cost is much less than new broadloom, and it looks lovely (especially if you have some beautiful area rugs to accent the floors.) Try working the new colours into your existing furniture colours, if possible, and you will have a home that will show much better and sell a lot faster when the time comes. Even if you are not considering selling, it will give you such a nice lift to spiffy things up, that you will probably wonder why you didn't do it earlier.

For blending colours and furniture trends, pick up a few decorating magazines and see what tips you can pick up. It can be a lot of fun, and not too expensive if you are careful to pick carefully, and update the most glaring features of your home. If you make it a Fall project, you will have a great new look by Christmas, and then when Spring comes, you will be in great shape to have your home on the market if you suddenly decide to do so.

Happy decorating thoughts from me, go with you this week

Homes Sold Creatively

THIS WEEK'S MORTGAGE RATES

AS OF AUGUST 27/87

	VARIABLE	9 MO. OPEN	6 MO. CLOSED	1 YR. OPEN	1 YR. CLOSED	2	3	4	6	7	10
Bank of Nova Scotia	10	-	-	10%	10%	10%	11	11%	11%	-	-
Bank of Montreal	10	9%	-	10%	10%	10%	11	11%	11%	11%	-
Canada Trust	-	9%	-	-	10%	10%	11	11%	11%	-	12
C.I.B.C.	10	9%	-	10%	10%	10%	11	11%	11%	-	-
Halton Comm Cr. Union	10 1/2	-	-	10%	10%	-	-	-	-	-	-
T.D. Bank	10	-	9%	10%	10%	10%	11	11%	11%	-	12
Royal Bank	10	9%	-	10%	10%	10%	11	11%	11%	-	-

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